

What is claimed is:

1. An edible emulsion comprising:

- a) oil;
- b) water;
- c) a viscosity-building emulsifier that at 2.0% by weight is partially or completely not soluble in acidified deionized water having a pH of ≤ 5.5 or a viscosity-building emulsifier that is at least about 50.0% by weight protein, or both
- d) insoluble fibers; and
- e) thickener

wherein the edible emulsion is coarse or smooth.

2. The edible emulsion according to claim 1 wherein the edible emulsion is an oil-in-water emulsion or a multiple emulsion comprising an oil-in-water phase.

3. The edible emulsion according to claim 1 wherein the oil is avocado, mustard, coconut, cottonseed, fish, flaxseed, grape, olive, palm, peanut, rapeseed, safflower, sesame, soybean, sunflower, butter fat, chocolate fat, chicken fat, coconut oil, or a mixture thereof.

4. The edible emulsion according to claim 1 wherein the edible emulsion comprises from about 7.5 to about 85.0% by weight oil.

5. The edible emulsion according to claim 1 wherein the insoluble fibers are citrus or non-citrus.

6. The edible emulsion according to claim 5 wherein the edible emulsion comprises from about 0.1 to about 1.0% by weight of the insoluble fibers.

7. The edible emulsion according to claim 1 wherein the edible emulsion comprises from about 0.5 to about 12.0% by weight emulsifier.

8. The edible emulsion according to claim 7 wherein the emulsifier is a mixture of emulsifiers comprising from about 0.1 to about 2.5% by weight viscosity-building emulsifier.

9. The edible emulsion according to claim 8 wherein at least one emulsifier in the mixture of emulsifiers has an HLB of greater than about 8.0.

10. The edible emulsion according to claim 1 wherein the edible emulsion is a coarse emulsion comprising oil droplets, further wherein at least about 75.0% of all droplets present have a diameter that is greater than about 2.5 μm .

11. The edible emulsion according to claim 1 wherein the edible emulsion is a smooth emulsion comprising oil droplets, further wherein at least about 80.0% of all oil droplets present are less than 10.0 μm .

12. The edible emulsion according to claim 1 wherein the thickener is a starch, gum or mixture thereof.

13. The edible emulsion according to claim 12 wherein the thickener is a mixture of ht starch and gum.

14. A method for making an edible emulsion comprising insoluble fibers comprising the steps:

- a) mixing, in no particular order, oil, water, insoluble fiber, thickener and emulsifier to make a coarse emulsion; and
- b) recovering the coarse emulsion

wherein the coarse emulsion may optionally be homogenized in a homogenizer to produce a smooth emulsion.

15. The method for making an edible emulsion according to claim 14 wherein the coarse emulsion is homogenized in a homogenizer and the homogenizer is pressurized from about 20.0 to about 650.0 bar and at a temperature from about 15°C to about 70°C.

16. The method for making an edible emulsion according to claim 14 further comprising the step of adding acidulant wherein the acidulant is added before or after the coarse emulsion is made.

17. A food product comprising an edible emulsion that comprises:

- a) oil;
- b) water;
- c) a viscosity-building emulsifier that at 2.0% by weight is partially or completely not soluble in acidified deionized water having a pH of ≤ 5.5 or a viscosity-building emulsifier that is at least about 50.0% by weight protein, or both
- d) insoluble fibers; and
- e) thickener

wherein the edible emulsion is coarse or smooth.

18. The food product according to claim 17 wherein the food product has a viscosity greater than about 3,000 centipoise and less than about 150,000 centipoise.

19. The food product according to claim 17 wherein the food product is a dressing, soup, sauce, dip, spread, filling or drink.

20. The food product according to claim 17 wherein the food product further comprises a mixture of emulsifiers comprising from about 0.1 to about 2.5% by weight viscosity-building emulsifier.

21. The food product according to claim 20 wherein the emulsifier mixture comprises egg when the food product is mayonnaise.

22. The food product according to claim 21 wherein the mayonnaise comprises less than about 75.0% by weight oil and displays mouth dissipation similar to mouth dissipation of full fat mayonnaise.

23. The food product according to claim 20 wherein the mayonnaise displays a surface shine similar to surface shine of full fat mayonnaise.

24. The food product according to claim 21 wherein the mixture comprises sodium caseinate or whey protein aggregates or both.

25. The food product according to claim 17 wherein the food product comprises .8% by weight or less starch.